



TA Picture Sharing











THE SWEET FACTS.

Your Drink (20 fl oz without ice)	Teaspoons of Added Sugar*
Regular Cola (250 Cal)	17.25
Agave Lemonade (160 Cal)	9.75
Blood Orange Lemonade (160 Cal)	8
Passion Papaya Green Tea (130 Cal)	2.75
Prickly Pear Hibiscus Fresca (90 Cal)	0
Plum Ginger Hibiscus Tea (0 Cal)	0
Unsweetened Black Iced Tea (0 Cal)	0

Teaspoons are easier than grams.

* 4 g / teaspoon

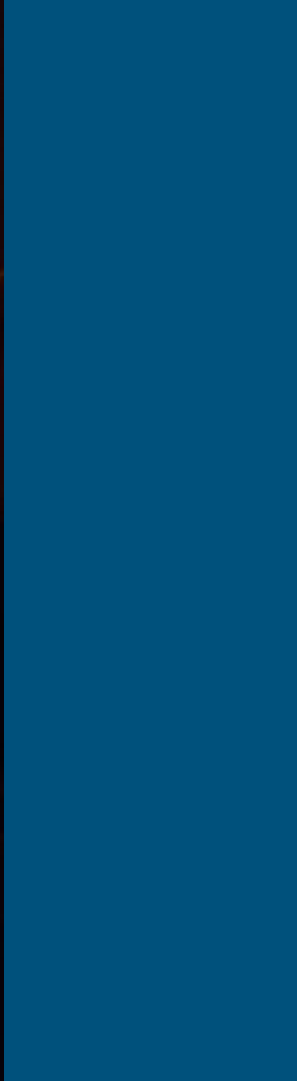
















































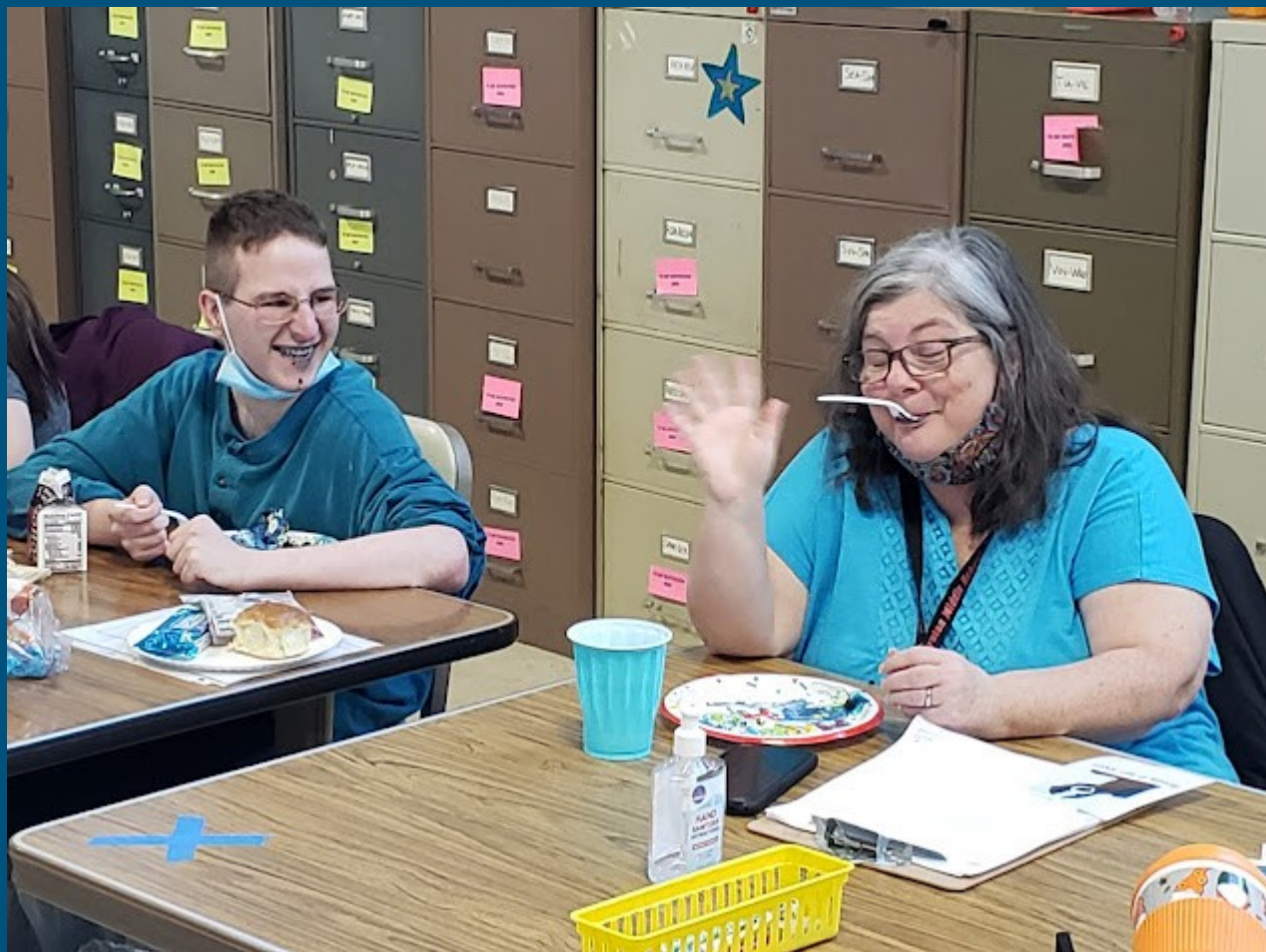












































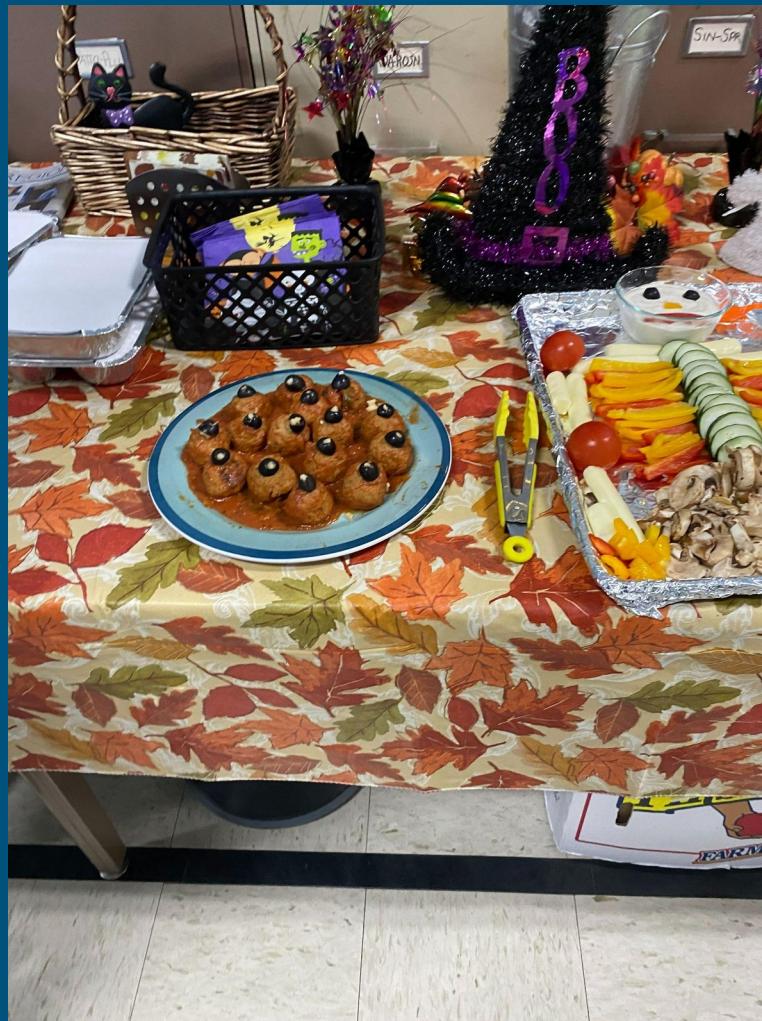






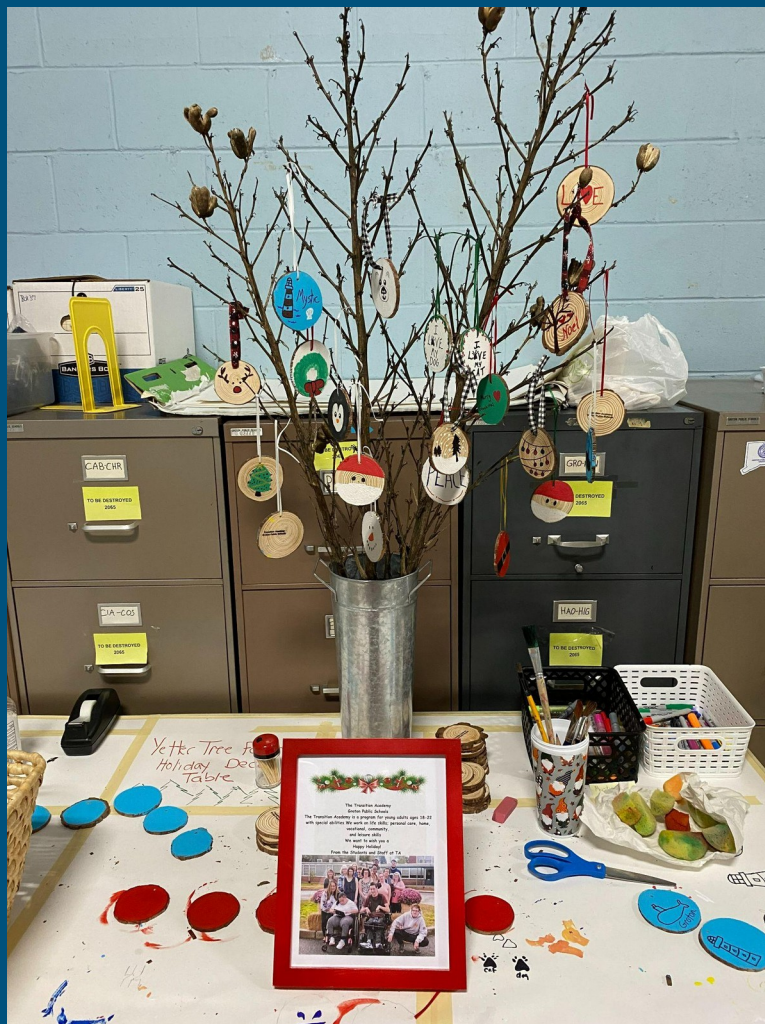








































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able to make everything for
her family.

"It really does help a lot,"
she said. "I'm a single mom
and out of work right now, so
it does really come in handy."

A group was volunteering at
Friday's distribution from Gro-
ton Public Schools' Transition
Academy, a program that teach-
es life skills to students with dis-
abilities between the ages of 18
to 22. The volunteers included
paraprofessionals Laurel Berns
and Jackie Latham and students
Austin Morgan, Alfredo Brown,
Diamantis Lenoudias and Joe
Joe Jeffreys.

"It makes me feel so hap-
py," Lenoudias said of help-
ing people get ready for their
Thanksgiving meal.

Jim Mitchell was among a
group of members of the Ro-

band work
food being
the Thanks
helps a lot.

"I feel
blessed," s

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